

# Virginia Cooperative Extension

*A partnership of Virginia Tech and Virginia State University*



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## **FOR IMMEDIATE RELEASE**

### NEWS ARTICLE

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## **How to Weather the Storm**

Having an emergency supply kit is essential to making it through a disaster safely. Make sure to have supplies on hand to last each person at least three days.

### **Recommended items to include in a basic emergency supply kit:**

- [Water](#), at least three gallons per person for drinking and sanitation
- [Food](#), at least a three-day supply of food that does not need electricity for storage or for preparation
- Manual can opener for food (if kit contains canned food)
- Battery-powered or hand crank radio, a weather alerting radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- [First aid kit](#)
- Whistle to signal for help
- Prescription medications and eyewear
- [Dust mask](#), to help filter contaminated air and plastic sheeting and duct tape to shelter where you are
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities

[www.ext.vt.edu](http://www.ext.vt.edu)

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**Additional items to consider adding to an emergency supply kit:**

- **Items for [infants and toddlers](#)**
- **Items for [pets](#)**
- **Local maps**
- **Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container**
- **Cash in small denominations or traveler's checks and change**
- **Emergency reference material such as a first aid book**
- **Sleeping bag or warm blanket for each person (consider additional bedding if you live in a cold-weather climate)**
- **Complete change of clothing including a long-sleeved shirt, long pants, socks and sturdy shoes (consider additional layers if you live in a cold-weather climate)**
- **Household chlorine [bleach](#) and medicine dropper (when diluted in water, bleach can be used to kill germs)**
- **Fire Extinguisher**
- **Matches in a waterproof container**
- **Feminine supplies and personal hygiene items**
- **Paper cups, plates and plastic knives, forks and spoons, paper towels**
- **Paper and pencil**
- **Books, games, puzzles or other activities for children**

**If you have any questions please contact the VCE-Franklin County office 540-483-5161**